

A SABLE + SAND PROTOCOL

The Cycle Syncing Protocol

A 12 week plan to eat, train, supplement and rest in rhythm with your hormonal cycle.

Work with your physiology, not against it.

SECTION 01

Before you begin

Twelve weeks. Three phases. One structured approach to understanding and working with your menstrual cycle rather than against it.

What this Protocol is

The Foundation phase establishes your tracking practice, introduces foundational mineral support, and maps your current patterns against your cycle phases. You learn to read the signals your body has been sending all along.

The Recalibration phase restructures your nutrition, movement, and supplementation to match each of the four menstrual phases. Specific nutritional priorities, exercise adjustments, and targeted phase specific nutrients are introduced week by week.

The Sustain phase refines your approach based on your own data. You identify which phase still needs the most attention, build sustainable meal rotations, audit sleep and stress by phase, and consolidate a personalised reference document that works for your unique cycle.

Who it is for

Menstruating women aged 20 to 45 who suspect their cycle affects how they feel but have never had a structured framework for working with it. Women who treat every day of the month identically and wonder why some weeks feel effortless and others feel impossible.

Who it is not for

Women with highly irregular cycles or amenorrhoea should address the underlying cause before starting. Women using hormonal contraception will find the phase matching less precise. Women in perimenopause may prefer the Perimenopause Protocol. Women with a diagnosed reproductive condition should work alongside their practitioner. Not appropriate during pregnancy or breastfeeding.

How long it takes

Twelve weeks. Foundational hormonal and lifestyle adjustments matched to your hormonal phases typically produce noticeable changes by the midpoint. By week twelve you will have a personalised cycle syncing framework built from your own data.

Read it once before you start. Then return to week one and follow the structure week by week.

SECTION 02

The science in one page

Most women treat every day of the month as identical. Same alarm, same breakfast, same workout, same supplements. Then they wonder why some weeks feel effortless and others feel like wading through mud.

Your menstrual cycle is not background noise. It is a four phase operating system governed by two primary hormones, oestrogen and progesterone, whose concentrations shift dramatically across the month. These shifts alter your metabolism, your neurotransmitter balance, your insulin sensitivity, your recovery capacity, your sleep architecture, and your tolerance for stress.

Progesterone, the dominant hormone of the luteal phase, raises your basal metabolic rate by 100 to 300 calories per day, increases your core temperature, drives up magnesium demand, and shifts neurotransmitter balance toward GABA, the calming system. When progesterone drops steeply in the final days before menstruation, the withdrawal can trigger the constellation of symptoms we call PMS: mood instability, cravings, bloating, disrupted sleep, fatigue.

The evidence is clear on several points. Magnesium supplementation reduces PMS severity. Vitamin B6 supports progesterone metabolism. Seed cycling provides phase appropriate micronutrients. And matching exercise intensity to hormonal capacity reduces overtraining and improves recovery.

This Protocol does not ask you to overhaul your life. It asks you to pay attention to what your body is already telling you, and to match your inputs to your phases. Twelve weeks is enough to learn the pattern, build the habits, and see whether working with your cycle changes how you feel across the month.

WEEK 1 . PHASE 1

Begin cycle tracking and the symptom diary

This week

A daily awareness practice that makes the entire Protocol personal. You cannot phase match without knowing which phase you are in. Tracking is the foundation everything else builds on.

What you do

- A cycle tracking tool selected and set up, logging your current cycle day.
- A symptom diary begun, rating key markers daily so the Protocol builds from your data.
- An identification of which of the four menstrual phases you are in today.
- A note on what to expect in the first two to three weeks of consistent tracking.

Continued in the full Protocol

The full Protocol contains all twelve weeks plus the supplement card, lab tests, the printable symptom tracker, and the GP conversation letter. The seven day quick start is included so you can begin immediately.

Available at sableandsand.com/protocols/cycle-syncing-protocol. One payment of nineteen pounds. Lifetime updates included.